



TPCP CORE PROGRAM GROUP CALENDAR – MADISON

APRIL 2025

You must be a registered member to attend groups

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|----------|
| 10:30am – 11:30am Life Management Skills (Healthy Living) -Alfredo/Shawn | | 10:00am – 11:00am Life Management Skills (Safety Group) -Alfredo/LeShon | 9:30-10:30am “Moments of Tranquility (Creative Writing) -LeShon/Shawn | 10:00am-11:00am ASL (American Sign Language) -All | |
| 11:30am-12:30pm Supporting Sobriety -Shawn/Alfredo | 11:00am-12:00pm Life Management Skills (Decision Making) -Alfredo/Shawn | 11:00am-12:00pm Building & Understanding - Shawn/Alfredo | | 11:00am-12:00pm Life Management Skills (Money Matters) -Shawn/Alfredo | |
| | | | COMMUNITY FORUM EVERY 3RD THURSDAY @ 12:30PM | | |
| 1:30pm-2:30pm Healthy Boundaries -LeShon/Alfredo | 1:30pm-2:30pm Move, Motivate, Maintain -Alfredo/Shawn | 1:30pm-2:30pm Creating Balance - Shawn/Alfredo | 1:30pm-2:30pm Rising Above it All (Creative Writing) -LeShon/Shawn | 1:30pm-2:30pm Life Management Skills -Shawn/Alfredo | |
| | 2:45pm-3:45pm Bingo -All Mentors | 2:45PM-4:15PM Lounge Jam -All Mentors | 2:45PM-4:15PM Listen to Your Art 1 (Art Projects) -All Mentors | 2:45-4:15pm Lounge Jam -All Mentors | |

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | www.tpcp.org | facebook.com/turningtpcp

Hours: Monday – Friday, 8:30am – 4:30pm (CLOSED on major Holidays)

This program is funded by the Division of Behavioral Health Services through the county of Sacramento



TPCP CORE PROGRAM GROUP CALENDAR – MADISON

APRIL 2025

You must be a registered member to attend groups

SPECIAL ANNOUNCEMENTS:

- **Community Forum** every 3rd Thursday, 4/17/2025. Join us for discussions about YOUR wellness! We want your ongoing feedback.

(Mentor of the Day = MOD)

| MOD SCHEDULE: | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---------------------|-----------------------|-----------------------|---------------------|---------------------|----------|
| | <i>Shaima/Shawn</i> | <i>LeShon/Alfredo</i> | <i>Alfredo/Shaima</i> | <i>Shawn/LeShon</i> | <i>LeShon/Shawn</i> | Closed |

Walk in day

Walk in day

COMMUNITY WELLNESS CENTERS

- Peer to Peer Individual Support
 - Social Room/Activities
 - Access to Computers/Internet
 - Self Help Groups
- Learn more about community resources in your area

CORE ELK GROVE

9340 E Stockton Blvd
 Suite 170 Elk Grove, CA 95624
 (916) 584-7216

CORE MADISON

3628 Madison Ave., Suite 10
 North Highlands, CA 95660
 (916) 388-3231

CORE ROSIN

3810 Rosin Court,
 Sacramento, CA 95834
 (916) 567-4222

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | www.tpcp.org | facebook.com/turningtpcp

Hours: Monday – Friday, 8:30am – 4:30pm (CLOSED on major Holidays)

This program is funded by the Division of Behavioral Health Services through the county of Sacramento